

STRENGTH & CONDITIONING

BARRE ●●●●●●●●
Barre class, inspired by ballet, focuses on full-body strength. Barre is a low-impact class that burns calories; works every muscle group; improves posture, balance, & flexibility, while promoting relaxation & toning.

BOOTCAMP ●●●●●●●●
Looking to spice up your workout? This class will be different every day & designed to push participants harder than they have pushed themselves before, while always keeping the body guessing!

CARDIO CORE ●●●●●●●●
A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, & using the ball & body bars. A great all-in-one workout incorporating cardiovascular, flexibility, & strength training!

CARDIO DRUMMING ●●●●●●●●
Powerful beat & rhythm of the drums, using the stability ball that will get your feet stomping & your body moving. Simple movements on, with, & around the ball. Great workout for men & women. FUN! FUN! FUN!

CORE BURN ●●●●●●●●
Have you ever tried to sit on a stability ball & keep your balance? Core Burn will help you appreciate how the ball activates & strengthens your core structure. Improve body awareness, balance, coordination, posture & joint mobility while using abdominal muscles you never knew you had.

CIRCUIT STRENGTH ●●●●●●●●
This full body strength training class to challenge those who want to see change in muscle tone & definition. Uses a variety of dumbbells, body bars, bands, & more. This class is for everyone, beginner & advanced.

KICKBOXING ●●●●●●●●
Improve coordination, balance, & flexibility while learning basic punches, kicks, & combos. Burn calories, relieve stress, & have fun in this whole-body workout appropriate for all fitness levels & genders.

POUND® ●●●●●●●●
Channel your inner rock star with this full-body cardio jam session inspired by infectious, sweat dripping fun of playing the drums. Instead of listening to music, you BECOME the music in this exhilarating workout combining cardio & strength training with yoga & pilates-inspired movements.

TOTAL BODY ●●●●●●●●
A workout for anyone looking to get lean, tone, & fit - FAST. Be ready to sweat to the music, challenge your strength & endurance, and work the total body!

YOGA

YOGA / BALL / PILATES ●●●●●●●●
Change up your yoga routine by adding some pilates and the use of a stability ball. Challenge your muscles, balance & coordination.

YOGA-INTERMEDIATE ●●●●●●●●
This class covers yoga pose variations in more detail including some challenge poses. Poses are held longer in order to increase strength, balance, & flexibility. (Mat required)

VERA FLOW ●●●●●●●●
Dance, stretch, & find your true flow in this class like nothing you have ever experienced. Finding the true flow as you stretch your body & train your mind to the rhythm of the music. VeraFlow is just what you need to feel completely relaxed & content. (Mat required)

SUNRISE / SUNSET YOGA ●●●●●●●●
Give yourself the gift of body awareness, strength, flexibility, & mindfulness in this class. This is a foundation class for those newer to yoga. (Mat required)

● low ● moderate ● high

AQUATICS

AQUA NOODLE ●●●●●●●●
Using the noodle for an upper body, lower body, and abdominal aerobic workout; you'll push it, pull it, float on it, balance on it, & get an awesome workout!

AQUA ZUMBA® ●●●●●●●●
Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba "pool party", it gives new meaning to the idea of a refreshing workout. Aqua Zumba blends it together into a workout that's cardio, body-toning, & exhilarating beyond belief.

SILVERSNEAKERS SPLASH® ●●●●●●●●
Splash offers shallow water moves to improve agility, flexibility & cardiovascular endurance. No swimming ability is required. Develop strength, balance, & coordination. Ideal for those with arthritis, as this class consists of range of motion, strengthening, & endurance.

SENIOR ADULT

SILVERSNEAKERS STABILITY® ●●●●●●●●
Designed to help you become stronger & improve balance. The movements focus on specific exercises to improve strength & power around the ankle, knee & hip joints, while improving your reaction time. This class is designed for fall prevention & is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance & support.

SILVERSNEAKERS CLASSIC® ●●●●●●●●
Designed to increase muscle strength, range of movement & improve activities for daily living. A chair is used for seated exercises & standing support & class can be modified depending on fitness levels.

SILVERSNEAKERS YOGA® ●●●●●●●●
Get ready to move through a complete series of seated & standing yoga poses. Chair support is offered so you can perform a variety of postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity.

SilverSneakers® classes are free to SilverSneakers® card holders, regular pricing applies to others.



LIKE US ON FACEBOOK FOR:

- weekly workouts
- special events
- healthy tips
- schedule updates
- gym news
- ...and more!

FCHC FITNESS

● low ● moderate ● high



Fitness Class Schedule

May 2021

As of January 1, 2021

Fitness Class Memberships

Include GYM ACCESS!

138 E. Elm Street,
Wauseon, OH
419.330.2724

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



RingCentral®

Password for RingCentral will change at noon on May 3rd. An email with the new password will be sent out to all paid fitness class members.

*Denotes live virtual class via RingCentral

ALL CLASSES ARE
45 MINUTES

8:00 AM—BARRE*
9:00 AM—CARDIO DRUMMING*
10:00 AM—FUSION*

NO 7:30AM BARRE

1

5:30 AM—BARRE*
7:00 AM—SUNRISE YOGA*
10:00 AM—SS CLASSIC®
11:00 AM—SS YOGA®
4:30 PM—CIRCUIT STRENGTH*
5:30 PM—AQUA NOODLE
5:30 PM—CARDIO CORE*
6:30 PM—POUND®*
ARCHBOLD
5:30 PM—VERAFLOW
6:30 PM—KICKBOXING

3

5:30 AM—BOOTCAMP*
7:00 AM—SUNRISE YOGA*
8:00 AM—AQUA ZUMBA®
9:00 AM—AQUA ZUMBA®
10:00 AM—SS SPLASH®
10:45 AM—SS SPLASH®
11:30 AM—SS SPLASH®
5:30 PM—CARDIO DRUMMING*
6:30 PM—POUND®*
7:00 PM—SUNSET YOGA
ARCHBOLD
4:30 PM—CIRCUIT STRENGTH
6:30 PM—YOGA/BALL/PILATES

4

10:00 AM—SS CLASSIC®
11:00 AM—SS STABILITY®
4:30 PM—CIRCUIT STRENGTH*
5:30 PM—AQUA NOODLE
5:30 PM—CARDIO CORE*
6:30 PM—BARRE
6:30 PM—CORE BURN*

5

5:30 AM—BOOTCAMP*
7:00 AM—SUNRISE YOGA*
8:00 AM—AQUA ZUMBA®
9:00 AM—AQUA ZUMBA®
10:00 AM—SS SPLASH®
10:45 AM—SS SPLASH®
11:30 AM—SS SPLASH®
5:30 PM—CARDIO DRUMMING*
6:30 PM—POUND®*
7:00 PM—SUNSET YOGA
ARCHBOLD
4:30 PM—CIRCUIT STRENGTH

6

5:30 AM—BARRE*

7

7:30 AM—BARRE*
8:30 AM—POUND®*
9:30 AM—CARDIO DRUMMING*
10:30 AM—CORE BURN*

8

5:30 AM—BARRE*
7:00 AM—SUNRISE YOGA*
10:00 AM—SS CLASSIC®
11:00 AM—SS YOGA®
4:30 PM—CIRCUIT STRENGTH*
5:30 PM—AQUA NOODLE
5:30 PM—CARDIO CORE*
6:30 PM—POUND®*
ARCHBOLD
5:30 PM—VERAFLOW
6:30 PM—KICKBOXING

10

5:30 AM—POUND®*
7:00 AM—SUNRISE YOGA*
8:00 AM—AQUA ZUMBA®
9:00 AM—AQUA ZUMBA®
10:00 AM—SS SPLASH®
10:45 AM—SS SPLASH®
11:30 AM—SS SPLASH®
5:30 PM—CARDIO DRUMMING*
6:30 PM—POUND®*
7:00 PM—SUNSET YOGA
ARCHBOLD
4:30 PM—CIRCUIT STRENGTH
6:30 PM—YOGA/BALL/PILATES

11

10:00 AM—SS CLASSIC®
11:00 AM—SS STABILITY®
4:30 PM—CIRCUIT STRENGTH*
5:30 PM—AQUA NOODLE
5:30 PM—CARDIO CORE*
6:30 PM—BARRE
6:30 PM—CORE BURN*

12

5:30 AM—BOOTCAMP*
7:00 AM—SUNRISE YOGA*
8:00 AM—AQUA ZUMBA®
9:00 AM—AQUA ZUMBA®
10:00 AM—SS SPLASH®
10:45 AM—SS SPLASH®
11:30 AM—SS SPLASH®
5:30 PM—CARDIO DRUMMING*
6:30 PM—POUND®*
7:00 PM—SUNSET YOGA
ARCHBOLD
4:30 PM—CIRCUIT STRENGTH

13

5:30 AM—BARRE*

14

7:30 AM—BARRE*
8:30 AM—POUND®*
9:30 AM—CARDIO DRUMMING*
10:30 AM—CORE BURN*

15

5:30 AM—BARRE*
7:00 AM—SUNRISE YOGA*
10:00 AM—SS CLASSIC®
11:00 AM—SS YOGA®
4:30 PM—CIRCUIT STRENGTH*
5:30 PM—AQUA NOODLE
5:30 PM—CARDIO CORE*
6:30 PM—POUND®*
ARCHBOLD
5:30 PM—VERAFLOW
6:30 PM—KICKBOXING

17

5:30 AM—BOOTCAMP*
7:00 AM—SUNRISE YOGA*
8:00 AM—AQUA ZUMBA®
9:00 AM—AQUA ZUMBA®
10:00 AM—SS SPLASH®
10:45 AM—SS SPLASH®
11:30 AM—SS SPLASH®
5:30 PM—CARDIO DRUMMING*
6:30 PM—POUND®*
7:00 PM—SUNSET YOGA
ARCHBOLD
4:30 PM—CIRCUIT STRENGTH
6:30 PM—YOGA/BALL/PILATES

18

10:00 AM—SS CLASSIC®
11:00 AM—SS STABILITY®
4:30 PM—CIRCUIT STRENGTH*
5:30 PM—AQUA NOODLE
5:45 PM—CARDIO CORE*
6:45 PM—CORE BURN*

19

5:30 AM—BOOTCAMP*
7:00 AM—SUNRISE YOGA*
8:00 AM—AQUA ZUMBA®
9:00 AM—AQUA ZUMBA®
10:00 AM—SS SPLASH®
10:45 AM—SS SPLASH®
11:30 AM—SS SPLASH®
5:30 PM—CARDIO DRUMMING*
6:30 PM—POUND®*
7:00 PM—SUNSET YOGA
ARCHBOLD
4:30 PM—CIRCUIT STRENGTH

20

5:30 AM—BARRE*

21

7:30 AM—BARRE*
8:30 AM—POUND®*
9:30 AM—CARDIO DRUMMING*
10:30 AM—CORE BURN*

22

5:30 AM—BARRE*
7:00 AM—SUNRISE YOGA*
10:00 AM—SS CLASSIC®
11:00 AM—SS YOGA®
4:30 PM—CIRCUIT STRENGTH*
5:30 PM—AQUA NOODLE
5:30 PM—CARDIO CORE*
6:30 PM—POUND®*
ARCHBOLD
5:30 PM—VERAFLOW
6:30 PM—KICKBOXING

24

5:30 AM—BOOTCAMP*
7:00 AM—SUNRISE YOGA*
8:00 AM—AQUA ZUMBA®
9:00 AM—AQUA ZUMBA®
10:00 AM—SS SPLASH®
10:45 AM—SS SPLASH®
11:30 AM—SS SPLASH®
5:30 PM—CARDIO DRUMMING*
6:30 PM—POUND®*
7:00 PM—SUNSET YOGA
ARCHBOLD
4:30 PM—CIRCUIT STRENGTH
6:30 PM—YOGA/BALL/PILATES

25

10:00 AM—SS CLASSIC®
11:00 AM—SS STABILITY®
4:30 PM—CIRCUIT STRENGTH*
5:30 PM—AQUA NOODLE
5:30 PM—CARDIO CORE*
6:30 PM—CORE BURN*

26

5:30 AM—POUND®*
7:00 AM—SUNRISE YOGA*
8:00 AM—AQUA ZUMBA®
9:00 AM—AQUA ZUMBA®
10:00 AM—SS SPLASH®
10:45 AM—SS SPLASH®
11:30 AM—SS SPLASH®
5:30 PM—CARDIO DRUMMING*
6:30 PM—POUND®*
7:00 PM—SUNSET YOGA
ARCHBOLD
4:30 PM—CIRCUIT STRENGTH

27

5:30 AM—BARRE*

28

8:30 AM—POUND®*
9:30 AM—CARDIO DRUMMING*
10:30 AM—CORE BURN*

29

5:30 AM—BARRE*

31

4:00 PM—TOTAL BODY*

NO 7:30AM BARRE

Payment can be made in the following ways:

- In person - at FCHC Fitness
- By Phone - 419.330.2724
- Online - <https://fchcfitness.antis.us/v2/kiosk/>

PRICING • \$39/MO - AUTOMATIC RECURRING PAYMENTS
• \$420/YR - TOTAL UP FRONT PAYMENT

Ask about rates for families, full-time students, and seniors

12 month contract required - includes gym access

WATCH FACEBOOK FOR CLASS UPDATES OR CANCELLATIONS:

FCHC FITNESS

- SCHEDULES MAY VARY -